

# *Self-Care Reflection and Plan*

UWW Employee Enrichment Day 2026  
Dr. Amy Barth  
bartha@uww.edu

## *Reflection Questions*

What is something that you can do on a daily basis for yourself?

What is something new you would like to add to your self-care plan?

What is something that you do that is working that you would like to continue?

What challenges do you see in engaging in regular self-care?

## *Areas of Self-Care*

List activities a couple current and/or potential self-care activities for yourself in each area.

Physical

Spiritual

Emotional

Social

Mental

Financial

Workplace

## *SOS Self-Care (regulation)*

What are a couple of strategies that you can do when you are stressed-out and dysregulated that you can employ to get yourself regulated?

**“How we care for ourselves gives our brain messages that shape our self-worth. So we must care for ourselves in every way, every day.”**

**- Sam Owen**